

# December 2016 Reflection

*By: Tahiragift.com*

As 2016 comes to an end it's time to reflect on our overall goals and life dreams and to answer the question, *how am I doing?*

## Main Life Areas

1. Spirituality/
2. Self- Care/Knowing yourself
3. Growth/ Learning
4. Family/Friends/ Social Relationships (some also include their pet/s this area)
5. Health/ Well-Being/Fitness
6. Career/ Business/ Work
7. Fun
8. Community
9. Home/ Physical Environment
10. Partner/ Love/ Relationship
11. Money/ Finance
12. Vehicle Care

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Grade yourself in different areas of your life? Ask yourself why you give yourself this grade? Also, what grade do you want? How can you achieve the grade you desire or maintain the grade you desire?

Subject/Grade	A	B	C	D	F
Fitness/exercise					
Healthy Eating/diet					
Dental Care					
Haircare					
Face/Skin Care					
Overall Health Care					
Overall Self- Care					
Finances					
Career					
Spirituality					
Relationship w/Spouse					
Relationship w/Children					
Home Care					
Car Care					
Pet Care					

Okay now that you have reflected on where you are. Time to create new goals for 2017 or continue to implement goals reached or continued desires from 2016.

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## 2017 Goals

Come up with as many goals as you would like. I recommend at least 2 goals in each life area, however, do not limit yourself?

### Spirituality

Goal 1:

Goal 2:

### Self- Care/Knowing yourself

Goal 1:

Goal 2:

### Growth/ Learning

Goal 1:

Goal 2:

### Family/Friends/ Social Relationships (some also include their pet/s this area)

Goal 1:

Goal 2:

### Health/ Well-Being/Fitness

Goal 1:

Goal 2:

### Career/ Business/Work

Goal 1:

Goal 2:

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## **Fun**

**Goal 1:**

**Goal 2:**

## **Community**

**Goal 1:**

**Goal 2:**

## **Home/ Physical Environment**

**Goal 1:**

**Goal 2:**

## **Partner/ Love/ Relationship**

**Goal 1:**

**Goal 2:**

## **Money/ Finance**

**Goal 1:**

**Goal 2:**

## **Vehicle Care**

**Goal 1:**

**Goal 2:**

Now that you have your goals I recommend doing a new Vision board with them. I do one every year, or you can do one on Pinterest. I also enjoy creating a small journal size one to carry around with you. For more tips on creating a Vision board for 2017 visit

[Tahiragift.com](http://Tahiragift.com).